

# Family Peer Support Partners and CSA Collaboration



# The Who, Why, How of Me

- Who
  - Personality
  - Talents
  - The start of my story
  - The shift
  - Advocacy since 2007
  - At PRS, Inc since 2021

# The Who, Why, How of Me

- Why
  - Myself
  - My family
  - My children
  - My spouse

# The Who, Why, How of Me

- How
  - Virginia Commonwealth University
    - Family Navigators
    - VA-LEND
  - Virginia Board for People with Disabilities
    - Partners in Policymaking
    - Family Navigators
  - PEATC
  - NAMI/Virginia Family Network
  - VCU School of Social Work/ Interdisciplinary Studies
  - ***DIRECT PEER SUPPORT***

# What is Peer Support?

- Lived experience
- Stability in recovery
- Knowledge of processes
- Knowledge of systems
- Able, passionate, and willing
- Trained professionals
- Certifications

# Why Peer Support

- Evidence Based
- Collaborative
- Strengths First
- Positive outcomes
- Assistance to system partners
- Modeling

# What Others Say

On the federal level attention has been paid to peer support for over 20 years.

**We (legislators) recognize... "the value of self-help and peer support, consumer and family education programs, and inclusion of consumers and families at every level of the system."**

-Psychiatry Online

# Backing

**Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse.**

-SAMSHA

# Family Peer Support Partners

## What We Are Not and Don't Do

- Clinicians
- Therapists
- Medication opinions
- Babysitters
- Drivers
- Blamers or Shamers

# Family Peer Support Partners

## What We Are

- Caregivers and parents of children with mental, emotional, and behavioral health challenges
- Systems navigation
- Sharing lived experiences
- Resources sharing - "boots on the ground" and "grass roots"
- *Emotional support*
- *Advocacy modelers*
- *Self-care champions*
- *Hope sharers*

# Healthy Minds in Fairfax County

- Services jump start
  - Pre- contact
  - Family Resource and Family Partnership Meetings
  - Post- contact
- Funding 5-8 hours until CSA approval
- Community referrals

# CSA in Fairfax County

- "Master Mind" for Human Services
- Intervention Options
- Funding
- Case management
- Authorization
- Collaboration

# Intensive Care Coordination

- Intensive case management
  - The family (voice and choice)
  - Facilitator
  - Case manager
  - Family Peer Support
- Meeting agenda
- Goals
- 12-18 months

# Family Peer Support Partner Day to Day

- Contact with the family
  - Walking with
  - Cheering on
  - Transferring skills
- Contact and collaboration with providers/school
- Family Resource and Family Partnership Meetings (FRM, FPM)
- Intensive Care Coordination participation (ICC); High Fidelity Wraparound (HFW)

# Outcomes/Stats

- Bilingual support partners
- Diverse staff
- 2021
  - 360+ families served 2021
  - 400+ meetings attended
  - 1000+ direct hours with families



PRRS, Family Peer Support Partner Video  
<https://www.youtube.com/watch?v=I0c2iWE5nAI>



Changing Lives. Saving Lives.

## PRRS General Video

<https://www.youtube.com/watch?v=x1EoN2VZZdU>

# Questions and Comments

**Brittney D. White, CPRS, FPSP, QMHP - trainee**

**Director of Peer Services**

**PRS, Inc.**

**571.585.8808**

**[Bwhite@prsinc.org](mailto:Bwhite@prsinc.org)**

**[www.prsinc.org](http://www.prsinc.org)**

## Additional Information

<https://www.whitehouse.gov/briefing-room/statements-releases/2022/03/01/fact-sheet-president-biden-to-announce-strategy-to-address-our-national-mental-health-crisis-as-part-of-unity-agenda-in-his-first-state-of-the-union/> (2022)

<https://www.healthaffairs.org/doi/10.1377/hlthaff.2019.00503> (2019)

<https://prsinc.org/family-peer-supports/> (current)

<https://www.fairfaxcounty.gov/healthymindsfairfax/family-support> (current)

<https://ps.psychiatryonline.org/doi/10.1176/appi.ps.54.11.1467> (2003)

[Peer Support Workers for those in Recovery | SAMHSA](#) (current)